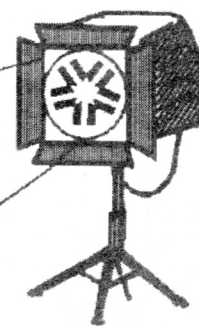


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 9

A newsletter for D.C. Seniors

September 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

As we almost say our goodbyes to summer, we say hello to our newest facility, the Ward One Senior Wellness Center, which is opening this fall at 3531 Georgia Ave., N.W. Mayor Adrian Fenty has made the health and well-being of seniors a priority in his administration.

The leading causes of death among the elderly in Ward One, according to D.C. Vital Statistics, are heart disease, cancer, hypertension, cerebrovascular disease, influenza/pneumonia, chronic lower respiratory and diabetes. Some of these diseases can be maintained or reduced with proper health and wellness education, thus avoiding costly hospitalization or institutionalization.

We encourage all seniors to take healthier steps toward aging. Become involved in one of our senior wellness centers listed in this issue. Join a senior program by calling the Lead Agency in your ward to find out how you can lead an active lifestyle. Be sure to contact your doctor first to ensure that you are physically able to join a wellness center.

Congratulations to all our participants in the Commission on Aging's Intergenerational Poster Contest. I would like to thank the United Black Fund for its generous financial contribution to each of the winners.

In closing, remember to exercise your civic duty by voting in the upcoming Primary Election on Sept. 14. Early voting is also available. Avoid the lines, vote now!

SAVE THE DATE!

**Office of the People's Council's (OPC's)
Wards 6, 7 and 8**

**Energy Efficiency Expo
"In-A-Box"**
Saturday, October 9 • 10 a.m. to 2 p.m.

Matthews Memorial Baptist Church, Main Conference Hall
2616 Martin Luther King, Jr. Avenue, S.E., Washington, D.C. 20020
Panel discussions on:

1. Solar panel and geothermal installation
2. Solar co-ops: what, how and why
3. The benefits of a professional energy audit
4. Grants and other available programs
5. Smart meter, FIOS, etc.

Hands-on energy efficiency demonstrations and much more.

Opening This Fall Ward One Senior Wellness Center

Located at 3531 Georgia Avenue N.W. (corner of Georgia Avenue and Newton Place)

Building features will include:

- Nutrition counseling and teaching classrooms
- Intake room
- Health education seminar rooms
- Exercise and fitness area
- Massage room
- Computer training center
- Multipurpose rooms
- Offices for staff
- Rooftop terrace with walking space
- Lobby with art work

For more information, call 202-724-5626.



The Ward One Senior Wellness Center is slated to open this fall.

Visit one of our existing wellness centers:

Congress Heights Senior Wellness Center

3500 Martin Luther King, Jr. Ave., S.E.
202-563-7225

Hattie Holmes Senior Wellness Center

324 Kennedy St., N.W.
202-291-6170

Model Cities Senior Wellness Center

1901 Evarts St., N.E.
202-635-1900

Washington Seniors Wellness Center

3001 Alabama Ave., S.E.
202-581-9355

Fenty Announces New Vehicles for Senior Transportation

DCOA transportation fleet gets big boost with purchase of vehicles

Mayor Adrian M. Fenty and D.C. Office on Aging (DCOA) Director Dr. Clarence Brown announced the purchase of 11 new wheelchair-accessible vehicles for the Washington Elderly and Handicapped Transportation (WEHTS) program to assist in transporting seniors to medical appointments and geriatric care centers across the city.

"The purchase of these vehicles greatly assists the District in its ability to transport our elderly clients to lifesaving appointments and senior services on a daily basis," said Fenty. "Our residents are living longer, more robust lives, and being able to provide transportation for them to medical and recreational activities ensures that they continue to lead full and healthy lives."

"We are very excited to add these new vehicles to our transportation fleet," said Brown. "The new vehicles are a testament to Mayor Fenty's leadership and commitment to ensuring seniors in the District are able to remain independent and active."



Eleven new wheelchair-accessible vehicles will help transport older residents to doctor appointments.

The new vehicles replace old, decrepit vehicles that have traveled more than 100,000 miles each. The vehicles have the capacity to transport 12 to 16 passengers, as well as two passengers seated in wheelchairs. The curb-to-curb service is

often the best transportation option for seniors and persons with disabilities in the District.

WEHTS averages 260 trips per day and transported 101,211 seniors to various senior centers, meal sites and recreational activities in 2009. The 11 new vehicles are worth a total of approximately \$649,000.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Community Calendar

September events

1st • 11:30 a.m.

"The New Medicare Law and You" will be the topic for a seminar at the Green Valley Senior Nutrition Center, 2412 Franklin St., N.E. For additional information, contact Vivian Grayton at 202-529-8701.

1st • 4 p.m. and 7 p.m.

IONA Senior Services and the Greater Washington Partnership for Palliative and End of Life Care are hosting a seminar on "managing pain" to be held at IONA, 4125 Albemarle St., N.W. The featured speaker is Dr. Barbara Supanich, medical director of Palliative Care Consultation Service at Holy Cross Hospital. The session will be held from 4 to 5:30 p.m. and repeated at 7 p.m. From 5:30 to 7 p.m. a pharmacist from New Hampshire Pharmacy will speak about medication management. Care will be provided for family members in the IONA Adult Day Health, Wellness and Arts Center, if needed. Call 202-895-9448 to make arrangements or for more information.

13th • 11:30 a.m.

Seabury Ward 5 Senior Services will offer an educational workshop in honor of National Preparedness Month at a site to be announced. Call Vivian Grayton for site location and topic at 202-529-8701.

13th to 17th

The District of Columbia Office on Aging and the Aging and Disability Resource Center (DCOA/ADRC) will offer a "Master Trainers" session for the Diabetes Self-Management Program (DSMP), an evidence-based training program developed by Stanford University Patient Education Research Center, from September 13 to 17. It will be held at 441 Fourth St., N.W. The cost is \$700. Participants who complete the training will be certified to conduct the DSMP and to train other leaders to conduct self-management workshops throughout the community. To register, contact Fonda Sutton at 202-724-5622, 202-535-1444, or fonda.sutton@dc.gov.

15th, 16th, 17th

National Senior Month will be celebrated on these days at the senior nutrition centers that are part of Seabury Ward 5 Aging Services. For additional information, contact Vivian Grayton at 202-529-8701.

16th • 12:30 to 1:30 p.m.

Learn about fine art photography with Lee Goodwin, artist in residence at IONA, 4125 Albemarle St., N.W. Goodwin has focused his lens on locations in and around Washington D.C., with particular emphasis on Great Falls, the C & O Canal and the Potomac River.

He has won numerous awards and has had his work widely exhibited in Washington, Maryland and Virginia. He is a partner in the law firm of Nixon Peabody LLC, where he specializes in renewable energy law. For more information, call 202-895-9448.

17th • 5 to 9 p.m.

Grab your cowboy boots and come on down to St. Luke's Center for a Blue Jean Ball and western-style dinner. This fundraiser for the Keen Seniors Program costs \$12 and will take place in the Satellite Room at the center, 4923 E. Capitol St., N.E. There will be a prize for the best jean outfit. For more information, contact Robin Gantt at 202-534-4880, ext. 110.

18th • 11 a.m.

There will be a presentation for caregivers on long-term care at the Genevieve N. Johnson Senior Center, 4817 Blagden Ave., N.W. Contact Holly Segal for more information, 202-723-8537.

23rd • 11 a.m.

A workshop on falls prevention will take place at Seabury Ward 5 Aging Services at Ft. Lincoln 1, 2855 Bladensburg Rd., N.E. For additional information, contact Vivian Grayton at 202-529-8701.

Important Information on Upcoming D.C. Primary Election on September 14th

Early voting going on now

The September 14th Primary is open to persons who are registered Democrats, Republicans and D.C. Statehood Green voters to nominate a party candidate for the general election.

Important information that seniors should know about the upcoming 2010 Primary and General Elections:

Same day voter registration is available August 30 to September 14.

During the early voting period and on election day you must present an ID.

Offices on the Primary ballot:

Delegate to U.S. House of Representatives,

Mayor, Council Chairman, At-Large Member of the Council, Ward Councilmember (Wards 1, 3, 5 and 6) and U.S. Representative, State Board of Education (Wards 1, 3, 5 and 6), All Advisory Neighborhood Commissioners.

Early Voting At Board of Elections Office now until September 13

441 4th St., N.W., Old Council Chambers, First Floor Washington, DC 20001

8:30 a.m. to 7 p.m. Monday through Saturday; closes at 4:45 p.m. on Monday, September 13

For more information, call the D.C. Board of Elections at 202-727-2525.



Intergenerational Poster Contest Winners

The D.C. Commission on Aging held the 17th Annual Calvin W. Rolark Intergenerational Poster Graphics Contest, supported by the United Black Fund and the D.C. Office on Aging. More than 80 participants from the Summer Youth Employment Program and the Girl Scouts submitted entries for the contest. The United Black Fund provided cash awards for the winners.

The winners are as follows:

Grades 1-5

Destiny Faith Nelson, First Prize, Grade 4
EFBC Troop #5178

Joy Canty, Second Prize, Grade 4
Lamond Recreation Center

Joel Canty, Third Prize, Grade 6
Lamond Recreation Center

Grades 6-8

Angel Collins, First Prize, Grade 6
Theodore Hagans Cultural Arts Center
Natalie M. Davis, Third Prize, Grade 5
EFBC Troop #3168

Grades 9-12

Angel Obie, First Prize, Grade 11
Lamond Recreation Center
Dasia Williams, Second Prize, Grade 10
Theodore Hagans Cultural Arts Center

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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Darlene Nowlin, **Editor**
Vikrum Aiver, **Photographer**

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital

status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

SAVE THE DATE!



WORKING TOGETHER
FOR A STRONG GOLDEN AMERICA

The National Hispanic Council on Aging's 2010 Annual Conference

Sept. 28 to 29

L'Enfant Plaza Hotel

480 L'Enfant Plaza, S.W. • Washington, DC 20024

202-484-1000

Pre-event online registration deadline: September 17

<http://nhcoa.org/conf/register.php>

For assistance, contact 1-866-488-7379 or rgriego@nhcoa.org